



Sequatchie County School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Sequatchie County School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Sequatchie County School System that includes:

- School Health Advisory Committee
- Healthy School Teams
- School Health Policies strengthened or approved
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$25,000.00.

Community partnerships have been formed to address school health issues. Current partners include:

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| ➤ SETHRA | ➤ Sequatchie Valley Eye Care |
| ➤ TENNderCARE | ➤ Family Health Center |
| ➤ Sequatchie County Health Department | ➤ Dunlap Medical Center |
| ➤ TN Department of Health | ➤ TNCEP |
| ➤ Health Council | ➤ Serenity Pointe |
| ➤ Sequatchie County Community Advisory Board | ➤ Volunteer State Health Plan |
| ➤ Citizens Tri County Bank | ➤ TN dept of Dental |
| ➤ UT Extension | ➤ Care All Home Health |
| ➤ Women's Care Center | ➤ Rite Aid Pharmacy |
| ➤ Local Police Department | ➤ Health Resource Education |
| ➤ Fire Department | ➤ Dept of Children Services |
| ➤ Emergency Services | ➤ City of Dunlap |
| ➤ Lions Club | ➤ PTO |
| | ➤ Mountain Valley Mental Health |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities that include health screening, healthy school teams, spring flings, and field days. Currently, there are approximately 20 parents collaborating with CSH.

Students have been engaged in CSH activities that include helping to schedule the National Guard for a drug presentation and health education resources for obesity and nutrition

presentation to be taught to the 9th grade wellness classes. At the high school there is also HOSA group which participates in the regional and state competitions in various health care subjects such as EMS, nursing, human growth and development. Other health issues that the students are working to address are teen pregnancy education and reduction, cancer, and obesity (nutrition and fitness) education and reduction, skin cancer, mental illness, and self image. There are approximately 40 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Sequatchie County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 3570 students screened and 568 students referred

Students have been seen by a school nurse and returned to class – in 2007-2008: 4324 students visited the nurse and 3230 of those were returned to class; 2008-2009: 2315 students visited the nurse and 1609 of those were sent back to class; 2009-2010: 2696 students visited the nurse and 2007 of those students were sent back to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. The prevalence of overweight and obesity 44% both boys and girls, obesity 27 % boys and 23% girls with an overall total of 44% overweight and 25% obesity;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include nutrition nugget newsletters to be sent home monthly, teen food and fitness newsletters to be sent home monthly, school health forms for the nurse, fitness dice, and exercise balls. Frisbees, pilates for kids, exercise in classroom CDs, Fit Kids DVD for classroom use, basketball goal for playground, screening equipment, grade level activity kits for recess usage, heart rate monitors, Dance Dance Revolution and Take 10! curriculum were also examples of purchases made to help enhance school health efforts;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include CSH has provided school health staff with Take 10! training, Michigan Model training, School Nurse Association Conference, TAPHERD, CANS (Child and Adolescent Needs and Strengths) training, bloodborne pathogen training, diabetes training, CPR, and Epi-Pen training;

School faculty and staff have received support for their own well-being through participating in a Biggest Loser contest, exercise classes, dietician availability, partnering to have flu vaccine brought to the schools, bone density screening, and massages offered to teachers periodically.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – CSH staff sent home recommendations for snacks for students in grades Pre-K thru 5th. These snacks are for the daily snacks and parties. Classes offered include hand washing, nutrition, abstinence classes, bullying classes, STD classes, and safety classes;
- Physical Education/Physical Activity Interventions – much physical education equipment has been purchased for use by the physical education teachers and classroom teachers. CSH and the physical education teacher were able to conduct a pilot program adding an extra physical education class for one third grade class. This helped to lead to a new full time physical education teacher at the elementary school;
- Nutrition Interventions – Sequatchie County Schools offer salad bar at the middle school and CSH staff sent home a recommended list for healthy snacks for the elementary school. The cafeterias also offer low fat to 2% milk trying to make a complete change to 1% milk. CSH hire a registered dietician to offer services to staff, students and families;
- Mental Health/Behavioral Health Interventions – Sequatchie County schools partner with Mountain Valley Mental Health to provide a counselor to provide services at each school to students that are referred.

Additional highlights that have been outstanding for the Sequatchie County School System include offering student screenings. Many students have been able to receive the health care that may have gone unnoticed for longer periods of time, which would only add to barriers in academics. CSH has been able to encourage and get more teachers involved with exercise and the importance of it with the students' health and academics. CSH has also been able get bouncy balls for some Kindergarten classrooms to use instead of chairs. This helps with balance and children that have to move around. It helps get rid of some extra energy so that the students can remain seated and learn.

In such a short time, CSH in the Sequatchie County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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